TUNTURI®

Pure 2.1

PURE RUN 2.1
USERMANUAL

WWW.TUNTURI.COM

It's easy to feel good!

ENGLISH

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WELCOME TO THE WORLD OF TUNTURI EXERCISING!

Your choice shows that you really want to invest in your well-being and condition; it also shows you really value high quality and style.
With Tunturi Fitness Equipment, you've chosen a high-quality, safe and motivating product as your training partner. Whatever your goal in training, we are certain this is the training equipment to get you there. You'll find information about using your exercise equipment and what makes for efficient training at Tunturi's website at WWW. TUNTURI.COM.

SAFETY INSTRUCTIONS

This Owner's Manual is an essential part of your training equipment: reading all instructions in this manual before you start using this appliance. It is the responsibility of the owner to be sure that all users of this treadmill are informed of all warnings and precautions. The following precautions must always be followed:

WARNING

Never use extension cords between the treadmill and your wall outlet. The device's maximum power consumption is 10 A. Outlets with fluctuating voltage of more than 10 % may result in erratic performance or cause damage to treadmill electronics. Using electrical power other than that, which has been specified in this manual will ultimately void any warranty, implied or otherwise.

WARNING:

To reduce any risk to persons:

- Keep hands clear of any moving parts. Never place hands, feet or any other objects into any opening or under the treadmill.
- Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use, before putting on or taking off parts. To disconnect, turn all controls to the off position, then remove plug from outlet.
- Close supervision is necessary when the treadmill used by, on, or near children, invalids, or disabled persons.
- Keep pets and small children away from the treadmill at all times.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Tunturi.
- Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.
- Keep the cord away from heated surfaces.
- Treadmill must not be used outdoors. Treadmill tolerates an environment measuring +10°C to +35°C. Air humidity must never exceed 80 %.
- Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.
- Never operate this treadmill if it has a damaged cord or plug, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for repair.
- Never operate the appliance with the air opening blocked. Keep the air openings free of lint, hair, and the like.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- The device must not be used by persons weighing over 135 kg (298 lbs).
- Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation, simply reinsert the safety key into the console
- Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

SAVE THESE INSTRUCTIONS!

ASSEMBLY

As for the assembly of the device, we recommend two grown-up persons. Do not take the treadmill out of the box: use the packing material to cover the floor on the assembly site.

Before assembling the device, insure all parts are present:

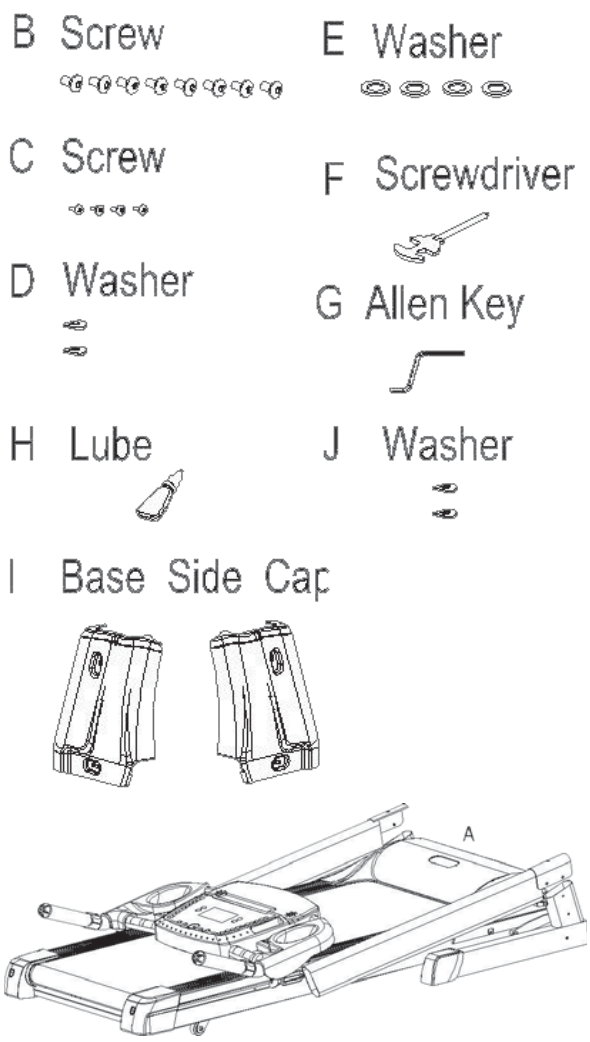
1. Frame
2. Power cord
3. Assembly kit

NOTE:

keep the assembly tools, as you may need them e.g. for adjusting the equipment.

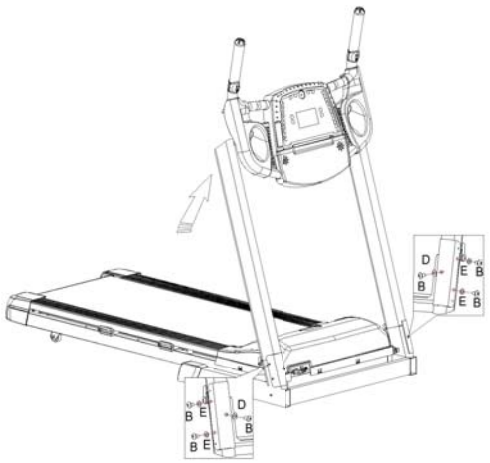
The directions left, right, front and back are defined as seen from the exercising position. In case of problems contact your Tunturi dealer.

STEP 1:
To avoid injury, you must fold up the deck prior to lifting the treadmill out of the box.
Locate the hardware bag and parts that are listed in the chart.



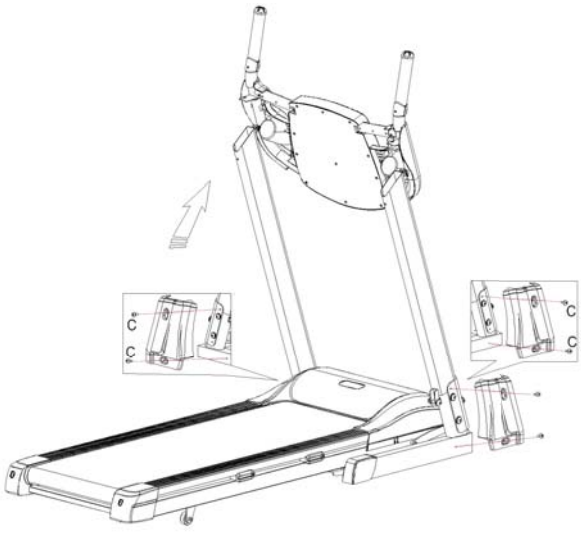
part #	description	Q'ty
A	main frame incl. user interface	1
B	Screw (M8x20L)	8
C	Screw (M4x8L)	4
D	Washer (Ø8xØ19x1.5)	2
E	Washer (Ø8xØ18x1.5	4
F	Screwdriver	1
G	Allen key	1
H	Lube	1
I	Base side cap	2
J	Washer (Ø10xØ25x1.5)	2

STEP 2
Lift up the upright, then place the screws (B) and washers (D, E) inside holes at the bottom of the upright. Use the allen key (G) to tighten them well.



STEP 3
Put the console to the correct position. Use the allen key (G) to tighten the screws (B) and washers (J) inside holes at the top of the upright.

STEP 4
Attach side cap (I) with the screws (D) at the bottom of the upright, and tighten them well.



BASICS ON EXERCISING

ABOUT YOUR HEALTH

- Before you start any training, consult a physician to check your state of health.
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
- To avoid muscular pain and strain, begin and end each workout by stretching.

ABOUT THE EXERCISE ENVIRONMENT

- Make sure the exercise environment has adequate ventilation. To avoid catching cold, do not exercise in a draughty place.
- Place the treadmill on a firm, level surface. Allow 120 cm or 4 feet of clearance behind the treadmill and 60 cm or 2 feet on either side and in front of the treadmill.
- We recommend that the equipment is placed on a protective base.

ABOUT USING THE EQUIPMENT

- Always unplug the treadmill from the electrical outlet after each training session.
- Only one person may use the equipment at a time.
- Keep hands clear of any moving parts. Never place hands, feet or any other objects under the treadmill.
- Wear appropriate clothing and shoes when exercising. Make sure your shoelaces are properly tied. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small pebbles.

BEGINNING AN EXERCISE SESSION

- To avoid muscular pain and strain, begin and end each workout by stretching.
- Stand on the landing rails to the left and right of the running belt. Do not stand on the running belt.
- Always hold the handrail for support when getting on or off the treadmill and when changing the speed during exercise. Do not jump off the running belt while it is moving!
- If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once
- and consult a physician.

FINISHING AN EXERCISE SESSION

- Never leave the safety tether key in the treadmill.
- Use the main power switch to turn the unit off.
- Unplug the electrical cord from the wall outlet and from the treadmill.
- If necessary clean the treadmill from sweat with a damp cloth. Do not use solvents.
- Store the electrical cord where it is clear from all pathways and out of childrens' reach.

HOW TO MOTIVATE YOURSELF TO CONTINUE

In order to reach the goals you have set, you'll need to keep finding the motivation to continue so you achieve your ultimate goal: life-long health and a new quality of living.

- Set yourself realistic targets.
- Progress step-by-step according to your schedule.
- Keep a fitness diary and write down your progress.
- Change your way of exercising from time to time.
- Use your imagination.
- Learn self-discipline.

One important aspect of your training is versatility. Varying your training exercises different muscle groups and helps maintain motivation.

HEART RATE

No matter what your goal, you'll get the best results by training at the right level of effort, and the best measure is your own heart rate. First find your maximum heart rate i.e. where the rate doesn't increase with added effort. If you don't know your maximum heart rate, please use the following formula as a guide:

220 - AGE

The maximum varies from person to person. The maximum heart rate diminishes on average by one point per year. If you belong to one of the risk groups mentioned earlier, ask a doctor to measure your maximum heart rate for you. We have defined three different heart-rate zones to help you with targeted training.

BEGINNER:

50-60 % of maximum heart rate
Also suitable for weight-watchers, convalescents and those who haven't exercised for a long time. Three sessions a week of at least a half-hour each is recommended. Regular exercise considerably improves beginners' respiratory and circulatory performance and you will quickly feel your improvement.

TRAINER:

60-70 % of maximum heart rate Perfect for improving and maintaining fitness. Even reasonable effort develops the heart and lungs effectively, training for a minimum of 30 minutes at least three times a week. To improve your condition still further, increase either frequency or effort, but not both at the same time!

ACTIVE TRAINER:

70-80 % of maximum heart rate Exercise at this level suits only the fittest and presupposes long-endurance workouts.

USER INTERFACE

BEFORE STARTING
Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the rope to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you become comfortable.

SAFETY TETHER KEY
The treadmill cannot be used if the tether key is not properly installed on the console; if the key is removed from its place, the treadmill will immediately stop. Place the safety tether key in ts place on the console. Ensure that the clip of the safety tether key is properly attached to your lothing; as the cord tightens, make sure the clip does not detach itself from your clothing before the safety tether key disconnects from the console.

KEY FUNCTIONS

POWER:
Press this button to turn on the power.

START/STOP:
Starts or stops the program.

ENTER:
Press this button to confirm your desired program or setting value.

SELECT:
Switches from one to one another programs in an order of the 19 programs.

SPEED +:
Increases the speed(0.8 to 16Kph). Pressing once increases the speed 0.2 kph. Pressing and holding for two seconds will increase the speed faster. This button is also used to scroll the programs.

SPEED -:
Decreases the speed(0.8 to 16Kph).Pressing once decreases the speed 0.2 kph. Pressing and holding for two seconds will decrease the speed faster. This button is also used to scroll the programs.

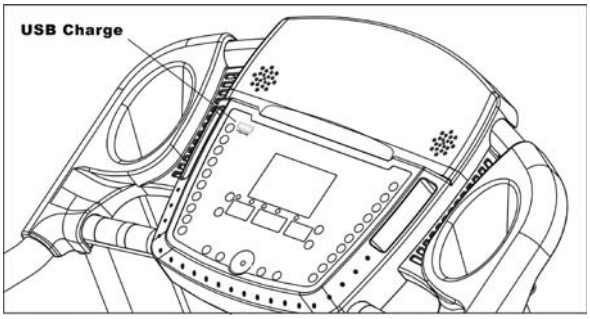
INCLINE +:
Increases the incline (0% to 12% ±1%). This button is also used to scroll the programs.

INCLINE -:
Decreases the incline(0% to 12% ± 1%). This button is also used to scroll the programs.

SPEED HOT KEYS:
Speed Hot Keys are set as 2, 3, 4,6, 8, 10, 12, 14, 16 and 18 KPH or set as 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 and 11 MPH.
For example, the speed changes from any speed to 8 KPH by pressing the Speed Hot Key 8.

ELEVATION HOT KEYS:
Incline Hot Keys are set 3, 4, 5, 6, 7, 8, , 9, 10, 11 and 12%
For example, the elevation level changes from any level to 4% by pressing the Elevation Hot Key 4.

USB CHARGER FUNCTION
The user can connect their device to charge during workout.



LCD DISPLAY

DOT MATRIX:
The 8x10 dot matrix reflects incline on the elevation programs (Program 1-4, 7,10-11) and speed on the speed programs (Program 5-6, 8-9) and the user programs.In the manual mode, the dot matrix displays a 0.4 km running track.

INCLINE/PULSE:
Displays pulse rate except when elevation is changed. To get a pulse rate, place both of your hands on the pulse grip bars. It is recommended to straddle the walking belt to get an accurate reading. If you are walking or jogging, it is difficult for the monitor to accurately read your pulse rate.

TIME/ PACE:
Shows Workout Time. Time begins at 00:00 and counts up. The maximum time is 99:59.
Pace is minutes per mile and is displayed when the SELECT key is pressed. When the safety key is inserted, this display shows the accumulated distance (odometer) for one second.

SPEED:
Displays the speed the treadmill belt is moving.

DISTANCE/ ELEVATION GAIN:
Displays the distance, in miles or kilometers, the treadmill belt has gone on the current workout.
When SELECT key is pressed during workout, it will display Elevation in meter, the user has climbed during the current workout.

CALORIES/ CALORIES PER HOUR:
Displays calories consumed.
Estimated calories per hour being consumed is displayed when the SELECT key is pressed..

NOTE:

METRIC/MILES:

If you want the treadmill to display the values in miles, you can switch to miles as follows:

1. During the power ON - manual mode, first hold the ENTER button then press the SELECT button together to enter the Engineering Mode.
2. Calories window shows model no., Speed window shows software version, Incline window shows year. Time window shows date.
3. By pressing the ENTER button – the Incline window shows ISP, Time window shows ISP version, Speed window shows 001, Distance window shows LDU and Calories window shows LDU version.
4. Press ENTER button again to enter KM/MILE switch mode, Press SPEED + - or ELEVATION + - to select KM or MILE.
5. Press ENTER button again and the window will show total distance.
6. Press ENTER button again and the window will show total hours.
7. Press ENTER button to go back to ON position.

ODOMETER:
An odometer showing accumulated distance will appear in the time window for one second when the safety key is placed on the monitor.

TIME-OUT:
If the treadmill is turned on, and the belt is not moving, the monitor will hibernate after five minutes and shutdown after seven minutes.

RE-START :
If the Treadmill is stopped during use, when the START button is pressed again, the treadmill will ramp-up the speed to where it was stopped. If the treadmill is stopped for 5 minutes or more, Power is lost and the treadmill will have to be re-started by pressing the power button.

PROGRAMS

OPERATION INSTRUCTION
(Please read carefully before using the treadmill):

SAFETY TIPS:
To Start attach the safety key to the monitor. The treadmill will not operate without the safety key. Please clip the other end of the safety key to your clothing before exercising to ensure the machines will stop in case the user accidentally walks off the treadmill. If the user falls off the treadmill, the safety key will come off the monitor and the treadmill will stop at once to avoid further injury.

PRESS POWER:
This turns the electronic power on. The treadmill will not start unless POWER is pressed first.

ENTER WEIGHT:
After pressing the POWER key, WT will appear in the dot matrix and the previous user weight will appear in the Calories window. Enter the weight of the user by using the speed or incline arrow keys. Press ENTER to confirm the weight.

MANUAL MODE:
If you select to operate the treadmill in manual mode, press START. The treadmill will start at 0.8 kph after a 3,2,1 countdown. You may then adjust the speed and incline using the quick keys or the up/down arrow keys.

PROGRAM MODE:
After pressing POWER, choose the desired program by keep pressing SELECT key or after press SELECT then using the speed + - or incline + - keys to choose one of the 6 preset programs. Note the program layout appears in the dot matrix display. Press ENTER to verify the selection. Press START to begin the program. All programs have ten one-minute segments. The program repeats the ten-minute segments until the user presses STOP.

PROGRAMS:

P-1 ROLLING HILLS:
This is an elevation program that goes from 0% to 3% grade.and the treadmill will start at 0.8 kph. Each minute, the elevation changes.
The speed is controlled by the user

P-2 MOUNTAIN PASS:
This is an elevation program that goes from 0% to 6% grade.
The speed is controlled by the user.

P-3 MOUNTAIN PEAK:
This is a challenging elevation program that goes from 0% to 8% grade.
The speed is controlled by the user.

P-4 CALORIE BURN:
This is an interval elevation program where the elevation alternates between 0% and 4%.
The user controls the speed.

P-5 WALKING I:
This is a speed controlled program that goes up to 5.5 kph, and is an excellent program for intermediate walkers.
The user controls the elevation.

P-6 JOGGING:
This is a speed program that varies the speed up to 7.2 kph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.

P-7 CARDIO BURN :
This is an interval elevation program that alternates between 2% and 6%. The user controls the speed.

P-8 WALKING II :
This is a speed controlled program that goes up to 5.6 kph, and is an excellent program for beginner walkers. The user controls the incline.

P-9 JOGGING INTERVAL :
This is an interval speed program that has alternating rest and work intervals. The defaults are 6.4 kph and 8.0 kph. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

P-10 HILL INTERVAL :
This is an interval elevation program that has alternating rest and work intervals. The defaults are 0% and 4%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 3.2 kph. The speed is controlled by the user.

P-11 MOUNTAIN INTERVAL :
This is an interval elevation program that has alternating rest and work intervals. The defaults are 1% and 5%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 3.2 kph. The speed is controlled by the user.

P-12 TARGET DISTANCE :
This program counts down the distance goal that the user sets before exercising. After confirming the program, the user enters the distance goal using the speed or incline arrow keys. Increments are 0.5 kilometers. Press ENTER to confirm the distance goal, press START, the treadmill belt starts and the user controls the speed and incline. The distance will count down in the distance window.

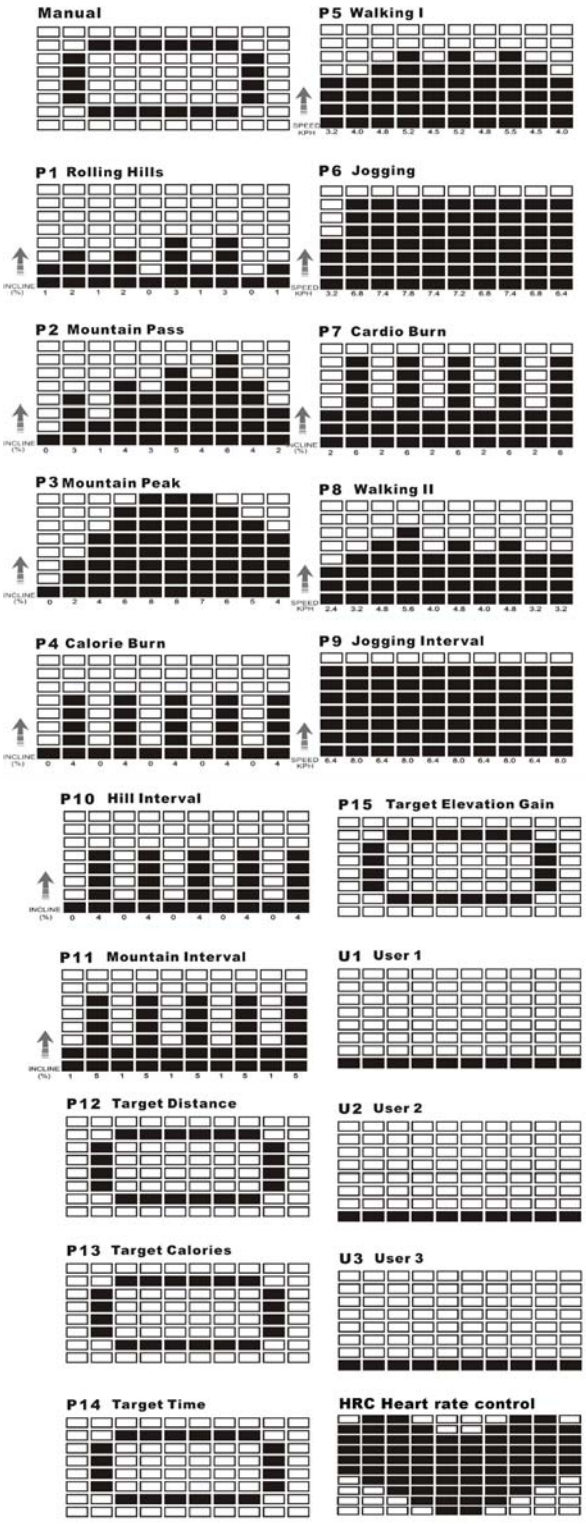
P-13 TARGET CALORIES :
This program counts down the calorie goal that the user sets before exercising. After confirming the program, the user enters the calorie goal using the speed or incline arrow keys. Increments are 10 calories. Press ENTER to confirm the calorie goal, press START, the treadmill starts and the user controls the speed and incline. The calorie goal will count down in the Calories window.

P-14 TARGET TIME :
This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the speed or incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the treadmill starts and the user controls the speed and incline. The time goal will count down in the time window.

P-15 TARGET ELEVATION GAIN :
This program counts down the elevation gain goal that the user sets before exercising. After confirming the program, the user enters the elevation gain goal using the speed or incline arrow keys. Increments are 10 minutes. Press ENTER to confirm the elevation gain goal, press START, the treadmill starts and the user controls the speed and incline. The elevation gain goal will count down in the elevation gain window.

U-1/U-2/U USER PROGRAMS:
After selecting one of the user programs, press ENTER to confirm. Adjust the speed and incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the monitor will store the value of speed and incline at the end of each segment and will retain these values.

HRC:
The user should hold the hand pulse sensor all the time or wear the heart rate strap if available to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at 65% of maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.8 kph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.



MAINTENANCE

The equipment is safe to use only when periodically maintained and inspected for faults and wear.

CAUTION!

Do not attempt any servicing or adjustment other than those described in this manual. Any other servicing must be performed by an authorized service representative. Check the tightness of all fixing screws once a year. Do not overtighten.

CLEANING AND LUBRICATING THE TREADMILL

FAILURE TO LUBRICATE YOUR TREADMILL MAY INVALIDATE THE PRODUCT'S WARRANTY!

Wipe the treadmill surfaces, especially the handlebars and console from dust with a damp cloth or towel. Do not use solvents. Use a small vacuum nozzle to carefully vacuum around all visible components (belt, running deck, side rails etc.). Also keep the area near the treadmill clean. While in use, the treadmill gathers dust that may cause problems in the operation of the equipment.
In average domestic use (60 minutes a day), you should check the lubrication once a month – however, lubricate the belt only if needed. In more demanding use, the lubrication needs be checked at shorter intervals. This is best done before you begin a training session. Check the lubrication as follows:

- Ensure the treadmill is powered off!
- Step on the treadmill belt .and stand steadily where you normally run on the belt.
- Take hold of the horizontal handlebar and push the belt with your feet so that it slides back and forth.
- The belt should move softly and evenly, without a sound.

If you notice jerky movement or if the belt will not slide check for lubrication by sliding your hand under the belt.

LUBRICATE THE RUNNING DECK ACCORDING TO THE FOLLOWING INSTRUCTIONS:

1. Attach the nozzle of the lubrication tube to the T-Lube S container.
2. Lift the running deck and lock it.
3. Position the nozzle between the belt and the board. Try to reach the spray as far into the center of the running deck as possible.
4. Spray the lubricant for 2-3 seconds.
5. Lower the running deck into its normal position. Use treadmill for your training session. Or allow the treadmill to run for at least 5 minutes at 5 KM/H (3 Mile/H).

NOTE!

Lubricate your treadmill only with T-Lube S silicon lubricant. Contact your local Tunturi distributor for further supplies of T-Lube or further information on lubrication and maintenance.

ALIGNING THE RUNNING BELT

Monitor belt tracking during exercise and make adjustments as needed. The belt should run in the center of the treadmill. Alignment is not usually needed, provided

- The treadmill is placed on an even, solid and horizontal surface and the belt is correctly tensioned
- The alignment of the belt is correct It is, however, possible for the belt to be pushed to one side due to the user's running style (e.g. more weight on one foot). The alignment of the belt is adjusted by turning the two bolts at the back of the treadmill.

ALIGN THE BELT ACCORDING TO THE FOLLOWING INSTRUCTIONS:

1. Turn the power switch on and increase the treadmill's speed to 5 km/h (3 mph).
2. If the belt drifts to the left, turn the left adjustment bolt 1/4 turn clockwise and the right adjustment bolt 1/8 turn anti-clockwise. If the belt drifts to the right, turn the right adjustment bolt 1/4 turn clockwise and the left adjustment bolt ¼ turn anti-clockwise.
3. If the belt remains centered the adjustment is correct. If not, continue to make small adjustments as above until the belt is correctly aligned. If the belt is allowed run across to one side for long periods of time the edges of the belt may be damaged and the treadmill may not continue to operate correctly. Any damage to the belt caused by the lack of necessary adjustment will not be covered by the warranty.

ADJUSTING THE BELT TENSION

The belt must be tensioned if it begins to slip on the rollers. In normal use, however, keep the belt as loose as possible! The belt tension is adjusted by turning the same screws as used for aligning the running belt. If turning the screws will not effect the belt tension, please contact your local Tunturi dealer.

1. Increase the treadmill's speed to 5 km/h (3 mph).
2. Turn both adjustment screws an equal amount, ¼ turn clockwise.
3. Try to slow the belt down by holding onto the handrails and braking as you walk (as if you were walking downhill).

If the belt slips, turn another 1/4 turn and repeat the test. When braking heavily the belt may slip. If the belt keeps slipping despite repeated adjustments, please contact your local Tunturi dealer.

power switch on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again. If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, contact your local Tunturi dealer for service.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this manual. Use only spare parts mentioned in the spare part list.

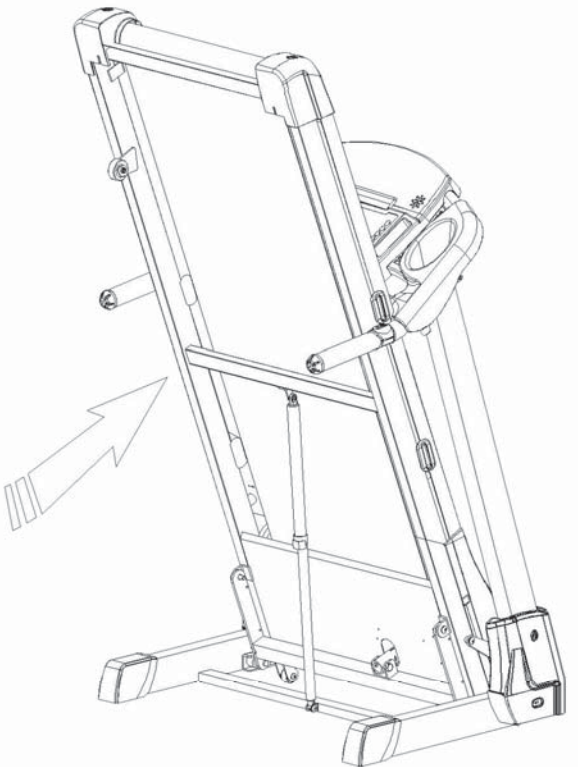
TRANSPORT AND STORAGE

FOLDING

After assembly is complete, you may fold the machine into the upright position for storage. To hold the machine, raise the desk until it locks into position.

NOTE!

Make sure you hear the click sound of the deck locking into position. This is to ensure the deck is locked in place and will not drop back down.



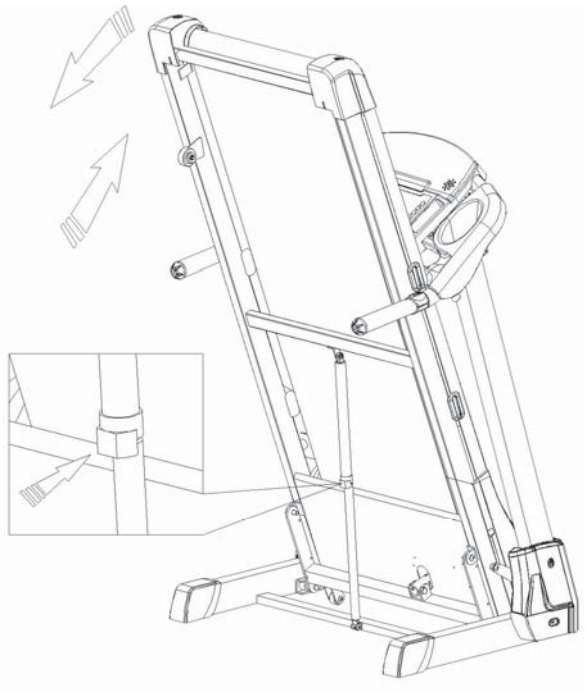
NOTE!

Make sure the treadmill's elevation is at 0% before folding the deck. If the elevation is not at 0%, folding will damage the mechanism.

UNFOLDING
Lightly kick the switch indicated in the middle of the shock absorb rod to fold down the frame deck.

NOTICE!

This vertical rod (shock) has a built-in safety unfolding feature to help lower the deck slowly.
Please make sure there are no children or other things under the deck when you lower it.



TO MOVE THE TREADMILL
Before moving the treadmill, be sure the power cord is unplugged from the wall and the treadmill. Fold up the running deck until it is locked and push the equipment on the transportation wheels.

NOTE!

Transport the treadmill with extreme caution over uneven surfaces, for example over a step. The treadmill should never be transported upstairs using the wheels over the steps, instead it must be carried. We recommend that you use a protective base when transporting the equipment.

NOTE!

The running belt needs to be realigned and centered after moving.
To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.

MALFUNCTIONS

NOTE!

Despite continuous quality control, defects and malfunctions caused by individual components may occur in the equipment. In most cases it's unnecessary to take the whole device in for repair, as it's usually sufficient to replace the defective part. Always give the model, serial number of your equipment and in case of malfunctions also conditions of use, nature of malfunction and any error code.

When you encounter unusual behavior from the treadmill, simply turn the power switch off, wait 1 minute and turn the power switch on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again. If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, contact your local Tunturi dealer for service.

If you require spare parts, always give the model, serial number of your equipment and the spare part number for the part you need. The spare part list is at the back of this man

ERROR CODES

The user interface will display nformation about operational faults.

ERR1:
Speed sensor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may continue to use the treadmill. Otherwise, call the dealer for service.

ERR3:
Lift motor error. Unplug the electrical cord from the wall outlet and from the treadmill, wait 1 minute and turn the power switch on again. If treadmill recovers to normal operation, you may continue to use the treadmill Otherwise, call the dealer for service.

TROUBLE SHOOTING

TREADMILL WILL NOT START
1. Not plugged in.
   Plug into suitable outlet
2. Safety key not attached correctly.
   Insert safety key
3. Treadmill circuit breaker tripped.
   Reset circuit brear
4. On/Off switch not turned on.
   Switch On/Off switch on
5. Auto Shut Down Time Out.
   Unplug and replug power cord.

TREADMILL BELT SLIPPING
- Walking belt too loose
  Check belt tension.
- Deck needs lubrication.
  Check deck/ belt lubrication.

TREADMILL NOISY
- Loose hardware.
  Tighten visible srews, nuts and bolds.
- Motor straining.
  Belt tension to high.
- Clicking sound – roller knocking.
  Adjust rear rollers – check the tension.

INACCURATE PULSE RATE -HAND-
- Too much hand movement.
  Stand on side rails to obtain accurate pulse reading.
- Palms too wet.
  Dry palms.
- Gripping handgrips too tight.
  Grip using moderate pressure
- Wearing rings.
- Remove all rings
- Deck needs lubrication
  Check deck lubrication

INACCURATE HEART RATE -STRAP-
- Chest strap pick-ups not moist.
  Moisten pick-ups on chest strap.
- Electronical interference.
  Keep at least six feet away from TV, computer and fluorescent lights.
- Strap battery power low.
  Replace strap battery.

TECHNICAL SPECIFICATIONS

PRODUCT

Motor .....2.5-4.0 HP-DC
Speed ..... 0.8-18 km/h
Incline 12%
Running Surface (Lxw) 510x1420mm
Power Supply 220-240V-AC
Foldable ..... Yes
Shock Absorbing System ..... Yes
Length / Folded 188cm/ 106cm
Width / Folded 86cm/ 86cm
Max User Weight 135kg/ 300lbs

MONITOR

Program Display ..... 1 LCD screen
Feedback Display ..... 3LED + 2 op LCD
Programs Total 20
Pre-Set Programs 6
User Programs 3
Hrc Programs 2
Quick Start/ Manual 1
Fitness Test .....No
User Register .....No

ERGONOMICS

Running Belt (Lxw) 3000x510x1,8mm
Running Deck Thickness 18mm
Handgrip Speed Control ..... Yes
Handgrip Incline Control ..... Yes
Contact Heart Rate ..... Yes
Telemetric Hr Receiver ..... Yes
Chest Strap Option ..... 5,4 kHz
Bottle Holder ..... Yes
Storage Pocket ..... Yes
Transport Wheels ..... Yes

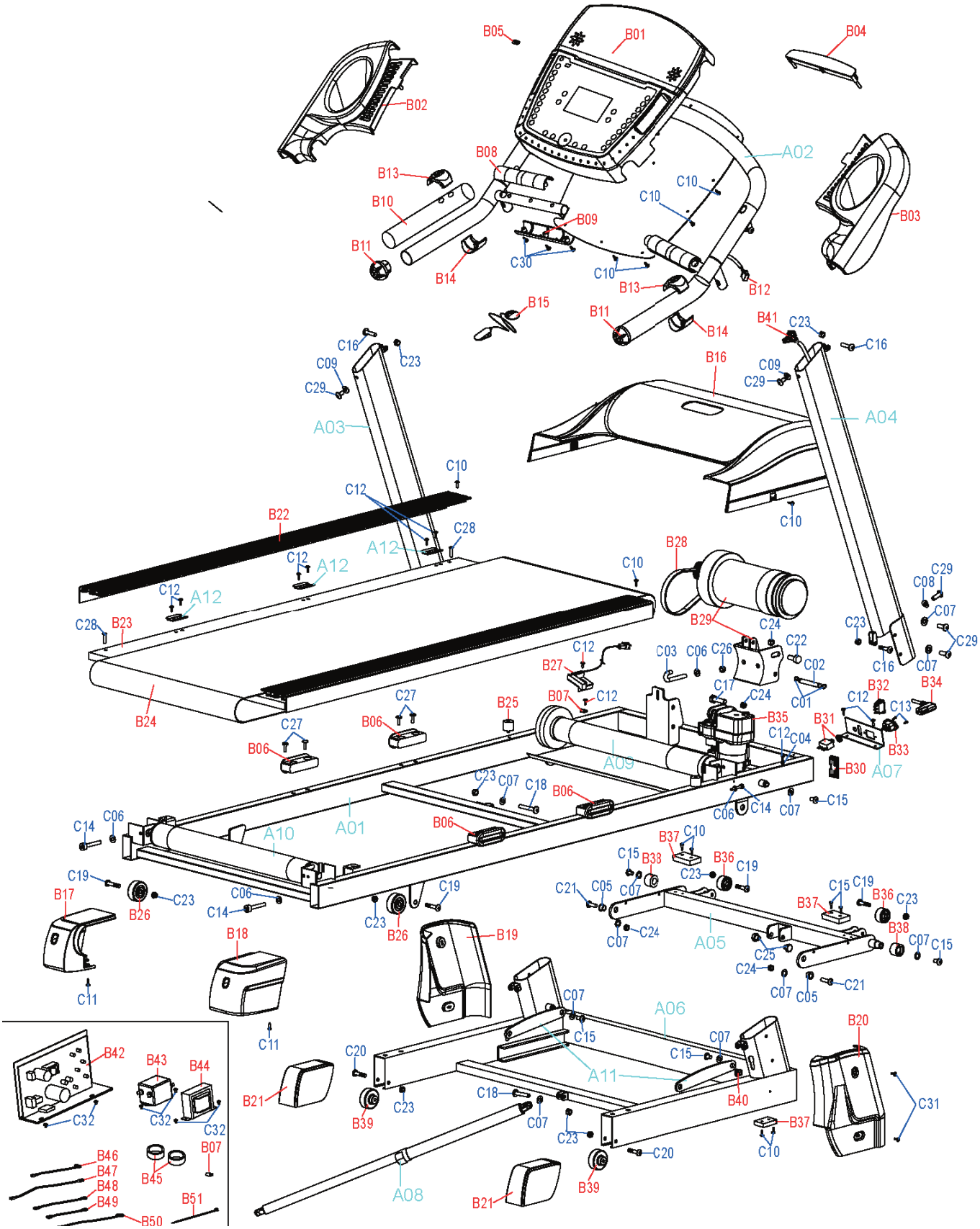
EXTRA

Operating Environment .....Home
Speed Quick Buttons 10
Elevation Quick Buttons 10
Usb Charging ..... Yes
En-957 Class ..... HB

PARTS LIST

Buble	Description	Qty
A01	Main frame	1
A02	Console base	1
A03	Upright support post (LH)	1
A04	Upright support post (RH)	1
A05	Incline frame bracket	1
A06	Front support frame	1
A07	Power switch bracket	1
A08	Gas spring	1
A09	Front roller	1
A10	Rear roller	1
A11	Incline support bracket	2
A12	Foot rail fixing slider bracket	6
B01	User interface	1
B02	Bottle holder cover (LH)	1
B03	Bottle holder cover (RH)	1
B04	Book rack	1
B05	USB socket dummy plug	1
B06	Running deck shock absorber	4
B07	Sensor holder	3
B08	Handpulse sensor cover (upper)	2
B09	Handpulse sensor cover (lower)	2
B10	Console base handlebar foam	2
B11	Console base handlebar end plug	2
B12	Wire (upper)	1
B13	Handlebar toggle switch top cover	2
B14	Handlebar toggle switch bottom cover	2
B15	Safety key	1
B16	Motor dust cover	1
B17	Rear roller end cap (LH)	1
B18	Rear roller end cap (RH)	1
B19	Base side cover (LH)	1
B20	Base side cover (RH)	1
B21	Front support frame end cap	2
B22	Side landing profile	2
B23	Running deck	1
B24	Running belt Grey	1
B25	Rubber running deck bumper	2
B26	Main frame wheel	2
B27	Speed sensor	1
B28	Motor drive belt	1
B29	Drive motor (2.0HP DC)	1
B30	main frame end plug	2
B31	Overcurrent protector	1
B32	On/ Off switch	1
B33	Power cable socket	1
B34	Power cable	1
B35	Lift motor	1
B36	Incline bracket transport wheel	2
B37	Rubber deck mount (45*36*10)	4
B38	Incline frame bracket slide wheel	2
B39	Front support frame wheel	2
B40	Wire clip	2
B41	Wire (lower)	1
B42	Power board	1
B43	EMI Filter (EU)	1
B44	Transformer	1
B45	Ferrite	2
B46	Wire (53cm) .	1
B47	Wire (12cm)	2
B48	Wire (70cm)	1
B49	Wire (45cm)	1
B50	Grounding wire	1
B51	wire fixer	3
B52	Fixer	2
C01	E shape hood bracket	2
C02	Fixed pin for motor (Φ10.2*96L)	1
C03	Motor hook (M6)	1
C04	Washer (4mm)	1
C05	Nut (12.5L*&18*&10.2)	2
C06	Washer (8*16*1.5T)	4
C07	Washer (8*18*1.5T)	14
C08	Washer (8*19*1.5T)	2
C09	Washer (8*25*1.8T)	2
C10	Screw (4*16)	29
C11	Screw (4*12)	2
C12	Screw (4*12)	17
C13	Screw (3*10FB)	2
C14	Screw (8*55)	3
C15	Screw (8*15)	6
C16	Screw (8*35/12MM)	4
C17	Screw (10*40/10MM)	1
C18	Screw (8*26/10MM)	2
C19	Screw (8*37/15MM)	4
C20	Screw (8*48/20MM)	2
C21	Screw (10*25 hex socket)	21
C22	Screw (10*25 hex bolt)	22
C23	Nylon nut (M8)	12
C24	Nylon nut (M10)	5
C25	Screw (10*25 hex bolt)	2
C26	Nylon nut (M6)	1
C27	Screw (M6*20MM)	8
C28	Screw (M6*25)	4
C29	Screw (8*20L)	8
C30	Screw (3*23)	8
C31	Screw (4*8)	4
C32	Screw (4*16)	6
	Assembly kit	1
	User manual	1
	Membrane set	1

EXPLODED VIEW



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